



ARMISTICE WOD

11 rounds, for time:

11 Mountain Climbers

11 Air Squats

11 Hand Release Pushups

11 Box Jump Burpees

200 meter run

For an added challenge - wear a weighted vest

PARTNER ARMISTICE WOD

(everything's better with a friend)

11 rounds, for time:

11 Mountain Climbers with partner plank hold

11 Fireman's Carry Back Squats

11 Partner (leg hold) pushups

11 Partner Jump-Over Burpees

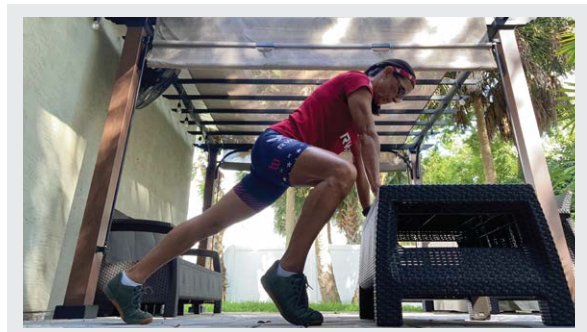
200 meter run - next round starts when both partners complete the run.

ARMISTICE WOD MODIFICATIONS:

Mountain Climber Modifications

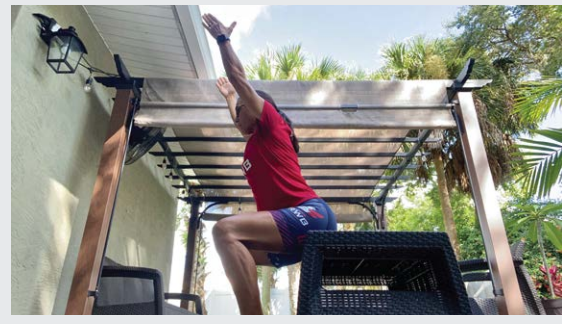


Hands elevated mountain climbers



Foot taps

Air Squat Modifications



Chair squats



Supported air squat

Hand Release Pushups Modifications



Knee push ups

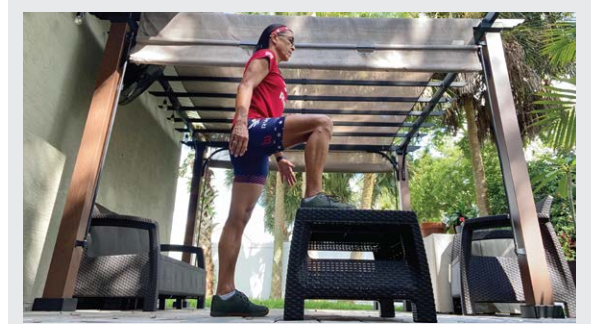


Wall push ups

Box Jump Burpee Modifications



Hands elevated burpee



Step up

200-Meter Run Modification

Substitute 60 seconds of row, bike, or jump rope if running is not an option

****Adaptive WOD coming soon!***

ADAPTIVE WOD:

11 rounds for time:

22 (11 each side) seated Russian twists

11 shoulder press

11 explosive medball chest throws to wall

11 dumbbell or medball floor to overhead

200m roll

*Adaptive WOD developed by the Wounded Warrior Project



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